



VOL. XXXV. NO 3

BROADMEAD, COCKEYSVILLE, MD

November, 2013

Mondloch Inspires Healthy Aging with ...Yikes...Triathlons?

By Penny Partlow

What would you plan if you made a conscious decision to improve your overall health?

It is doubtful that you would embark on a competitive triathlon course at age 59, but that is the path chosen by Broadmead's Associate CEO Tom Mondloch.

Tom realized that with limited longevity in his family - his mother died at age 31 and his father at 46 - he needed to focus on exercise and nutrition and decided that cross training was the way to go.

He joined the "Y" near his home in Stewartstown, PA, and with his triathlete sister-in-law Karen for inspiration, Tom started training in the spring of 2012. He works four days a week with a trainer for each of the three sports involved. His wife Beverly swims with him in the "Y" pool. His Boston terrier/boxer Mojo runs with him. And he pedals with a biking class from the "Y".

Diet is not a problem for Tom as he has maintained an ideal weight of around 170 pounds since college. His breakfast is a

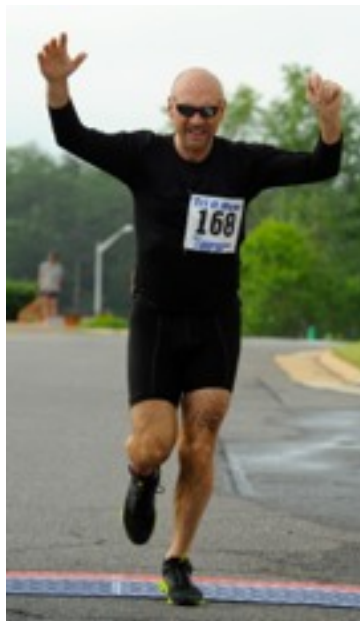
hearty combination of protein and carbs. Lunch is usually salad with very limited carbs. Beverly, who is a "wonderful cook", concentrates the dinner menu on a balance of protein and carbohydrates.

Triathlons have four classes: mini, sprint, standard and ironman. The mini in which Tom competed at Manassas, VA, in June got off to

a less than auspicious start. In a field of 500 participants for his first time out, Tom was understandably nervous. In the pool it was necessary to touch the end and go under the tape for the next lap. On the third lap Tom turned the wrong way and headed into the oncoming swimmers. He heard someone in the crowd yell, "You idiot, you're going the wrong way!" Nevertheless, he finished in the middle of the pack.

In August Tom signed on for a triathlon in Harrisburg, PA, which fielded 250 participants. The timed swimming took place in the Susquehanna River and Tom came in tenth in his 55 to 65 age group.

Tom's most recent competition was a sprint triathlon in Pasadena, MD, which consisted of a quarter mile swim in the Chesapeake Bay and a 12-15 mile bike ride followed by a 5K (3.1 mile) run. Competitors wear a timer attached to the left ankle which registers the time at strategically placed detectors. Transition time between sports is critical as every second counts.



Continued on Page 4

BROADMEAD WELCOMES

By Nancy Allchin and Peggy Patterson

Photos by Natalie Bellows

Lee (Stebbins) Dulany (Mrs. William) M-8; 443-578-8394; August 2013

Lee comes from Towson, where she was brought up and where she raised her family with her husband William (now, deceased). She studied sculpture and creative writing at Bennington College in Vermont, and later earned a degree in interior decorating at the Maryland Institute



EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want no article to run to more than one page, no copy may exceed 400 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

College of Art and worked as decorator for a Baltimore company.

After her marriage, she followed William for three years as he served in the Marines. They had two sons, one of whom, sadly, died. The other son is currently building a home in Fort Lauderdale, Florida, where Lee expects to join him in a year. Lee has volunteered at the Baltimore Museum of Art and at Paul's Place. She loves to travel and likes the challenge and excitement of going to new places. She has travelled all over the world, including trips to China and Japan.

By Nancy Allchin

Margaret (Doeberiner) Sindall (Mrs. John) B-4; 443-578-8399; September 2013

Peggy has moved here from Nob Hill just north of Reisterstown where she and her husband lived for 50 years. A replica of their home, complete with Christmas lights, sits in her kitchen window. She is especially proud of the many finely crafted pieces of furniture she brought with her, including tables, chests and a grandfather clock made by her late husband.

Peggy was brought up in Baltimore City, went to Girls' Latin Preparatory School, and after graduation worked several years for her parents' confectionary, the Doeberiner store which was well known in Baltimore for its special sweets and ice cream molds.

For 35 years Peggy sold real estate for O'Connor, Piper & Flynn. She met her husband at a Hopkins dance. It was love at first sight and they were married for 63 years,

The Sindalls had two children. Their daughter Christina is married and teaches school. Son Mark and wife live in nearby Parkton. The two grandchildren are in college.

By Nancy Allchin



**Paul and Loretta (Fore) Ventura
M-12; 443-578-8395; September 2013**

The Venturas come to Broadmead from a golf community in Delaware where they have lived since Paul's retirement seven years ago.

Paul was brought up in North Andover, Massachusetts. You may notice the New England accent. He began college there but transferred to Towson State where he joined the Marine Platoon Leaders Corps.



Following a stint at the *News-American*, a former Baltimore newspaper, he worked at the Baltimore County Registry of Wills office, becoming the Chief

Deputy, a position he held for 32 years.

It was at the Towson Court House where Loretta met Paul when she worked for the Police Department. Earlier she had worked at Greater Baltimore Medical Center for 18 years in the Emergency Room and in Radiology as a medical transcriber.

A native of Baltimore, she attended Patterson Park High School and has lived in both the city and the county.

There are three Ventura offspring: one son and a daughter live in Baltimore County. The other son is in North Carolina. Sadly, they lost one of the five grandchildren.



The couple has always liked to "dine out." Loretta says she has now given away all their pots and pans.

They have enjoyed being in the American Legion and the Elks and participating in church activities.

Paul loves bridge. Loretta does not play bridge but enjoys other card games and Scrabble.

By Nancy Allchin

**Esther (Gruszkos) Krasevac
R16; 443-578-8397; August, 2013**

Broadmead's reputation for friendly people, a strong sense of community and opportunities to volunteer lured Esther Krasevac to move here.

These interests developed in childhood as Esther, the daughter of Polish immigrants, saw how through hard work and frugal living they were able to send life-saving aid to family in Poland whose livelihood was destroyed during the Russian occupation.

After graduating from Indiana University where she majored in Education and International Relations, she began a professional career as a teacher.

She met husband George, who died 16 years ago, on a Lake Michigan beach. His job took them to Reading, PA, where they lived for 33 years. Their daughter Karen lives in Troy, NY, and daughter Kim in Mexico City. There are four grandchildren.

An active member of the Pennsylvania League of Women Voters, Esther ran unsuccessfully for election to the state legislature before working in Development at Albright College to help with her kids' college bills.

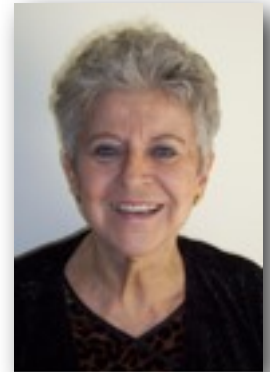
At a time when daughter Kim lived in Baltimore, she moved here and became a super volunteer.

For over ten years she has mentored two sisters whose parents emigrated here from Bangladesh.

She is not only a regular volunteer at the Baltimore Visitor's Center, she also volunteers at five local theaters and is a member of several book clubs.

Travel outside the U.S. has included visits to Chile, Peru, Mexico and Poland where she met 53 members of her family who thanked her for her mother's lifesaving packages.

By Peggy Patterson



Bald Eagle Visits Broadmead



Wendy Schnering Meehan, daughter of Ruth and the late Phil Schnering, was visiting her mother on October 5, when she spotted this mature bald eagle, and happened to have her 300mm lens camera at hand.

"Bald eagles are very rare in the area so it was really thrilling to see one," she said.

"We had gone for a walk with my mother through the clusters after dinner. We were heading back toward Hallowell and were walking by Stony Run at about 6:45 p.m.

"I happened to glance up at just the right moment and saw a huge bird coming toward us, flying low over the perimeter road.

"My first thought was that it was one of the resident turkey vultures. But then I saw the distinctive white head and tail. It landed in a tall oak tree on the hillside across from the driveway into the parking lot. It perched there for about five minutes before it continued on its way."

Mondloch....continued from Page 1

Padded shorts designed for biking are worn for the swim and a shirt is added for the bike ride as well as a helmet, socks and biking shoes which are changed to running shoes for the 5K. Tom's bike broke down and he lost 15 minutes but clocked his best time ever on the run to come in second in his age group.

The major source of support in triathlon participation is the all encompassing spirit that comes not only from the participants but from everyone involved. Tom believes that the key to success is 50 per cent mental attitude and 50 per cent "putting one foot in front of the other." He feels that chances for success are heightened in any endeavor by an "intention to finish" from the start.

It is likely he will use some of his philosophy in encouraging Broadmead employees to take ownership of their health and wellness as the new health insurance program is implemented. As Tom continues to compete as a triathlete, he may become the inspiration for a new life style of exercise and diet on campus. If you thought you saw a familiar face in the Komen Breast Cancer Run at Hunt Valley on October 20, you were right. It was Broadmead's own triathlete.

Broadmead Residents Association Concert Series

**Wednesday November 13
7 p.m. Auditorium**

Chad Bowles, Pianist



Let's Dance

**Monday, Nov. 11
7 p.m., Lounge**

All welcome

Rose Garden Becomes Barnyard for Country Fair

Story and photos by Sally Bloomer

The Broadmead rose garden's lawn was turned into a barn yard as residents, staff and their families, plus 4Hers turned out for our annual Country Fair, held this year in the fall due to the CEO change-of-command festivities in June.

Mojito, a five year old alpaca, nibbled away at our grassy lawn. Even with his long neck he couldn't seem to get enough. Mojito is a Suri, a type of alpaca with long soft fleece, which grows a half inch a month. Suri were domesticated from wild vicuna in the Andes and may be the oldest domesticated animals on earth.

Two bleating goats were the only other four legged animals at the fair. They, along with three others at home, provide milk for goat cheese, which may be purchased at the Amish Market.

Four industrious 4H members proudly displayed three different breeds of chickens: a French hop named Kevin with handsome auburn feathers, a mud tumbler with black and white feathers and a pretty silkie named Hot Shot.

In spite of the heat a delicious picnic lunch was enjoyed . Shredded beef and sliced ham were served by Food Service. Ice cream and pop corn made the fair complete.



Cokie Rienhoff and Mojito



Food Service Sous Chef David Lockmar and Associate CEO Tom Mondloch



At left, Speech Therapist Chuck Warnke and son Andrew. At center, Irene Schneider holds Diego, son of Samir Reyes, right, and Linnette Kanitz, head of grounds. At right, Cindy and John Howl.
The Warnke picture is from Carolyn Murphy's iPhone

BROADMEAD BRIEFS...

Those who've been at Broadmead long enough to remember the late **Malcolm Sherman** will be interested in the fact that his daughter, **Under Secretary of State Wendy Sherman**, is heading the U.S. negotiating team involved in nuclear talks with Iran. Wendy, who was featured and pictured in a *Baltimore Sun* article on October 13, spoke at two Open Forum meetings here while Mal was alive, and is among those who have endowed our Residents Association Concert Series.

Resident **Nancy Boyce** bolted to Laurel Park after completing her job at the Barn Sale's jewelry table October 19 in time to see granddaughter and jockey **Forest Boyce** win the \$150,000 Maryland Million Classic on a chestnut gelding with the long

name, "Eighttofasttocatch." Forest, daughter of Nancy's son Lambert and his wife L. B. Boyce, was featured on the front page of both the October 19 and 20 *Baltimore Sun* sports sections, initially as one of the favorites and later as the winner in a seven-horse field. Eighttofasttocatch is owned by 94-year-old Arnold "Arnie" Heft a former co-owner of the Baltimore and Washington Bullets and the Washington Capitals as well as a long time NBA referee and a minor-league Oriole. According to the *Sun*, Heft moved his oxygen tube aside as he brought Forest in for a hug.

Upstairs/Downstairs is not only the name of a BBC comedy series, it's a proper description of the artistic **Butzow** exhibitions at Broadmead last month. **Sandra's** paintings, which have been gracing the gallery walls in the East Hall (see October *Voice*) were joined by husband **Jim's** amazing photography on the lower level. His seaside photos are in a series to be regularly displayed by members of Broadmead's reorganized Photography Club.

Resident **Virginia Schurman's** paper, "Martha Ellicott Tyson – Biographer of Benjamin Banneker," has been accepted for publication in the fall issue of *The Maryland Historical Magazine*. A second paper also written by **Virginia** about Martha Ellicott Tyson, and entitled "Quaker Reminiscences – Friends Traditional Lives in the 1800s," will be published in the next issue of *The Conservative Friend*, published by the Ohio Yearly Meeting, Conservative.

The fall issue of the *Magazine of the Johns Hopkins Bloomberg School of Public Health* section on "School Accolades" reports that both **Tim and Sue Baker** are recipients of more awards. **Tim**, professor of International Health, received the Baltimore City Medical Society Lifetime Achievement Award. **Sue**, professor and founding director of the Johns Hopkins Center for Injury Research and Policy, has received the Ellen R. Schmidt Award from the Safe States Alliance and SAVIR (Society for Advancement of Violence and Injury Research.)

One in 9.2 million?



According to Don Smyth, who came rushing into the Voice office to find a photographer, this caterpillar in green is so rare that only one in 9.2 million are this color instead of white. Smyth, the former chair of the Bird and Nature committee, is either very knowledgeable or very adept at convincing busy editors of a "whopper" big enough to lure them and cameras outside.

The October 14 issue of *Sports Illustrated* includes an item on Page 56 about the origin of baseball batting helmets, noting that one of the early versions used by the then Brooklyn Dodgers was designed by **Dr. Walter E. Dandy**, a neurosurgeon at Johns Hopkins School of Medicine. Dr. Dandy was the father of the late Broadmead resident of the same name and the father-in-law of resident **Anne Allen Dandy**. According to the story, Dodgers' General Manager Larry MacPhail described the helmet as "the biggest thing that has happened to the game since night baseball."

A *Voice* photo of resident **Ruth Fleishman**, steering her bicycle around a Copper Beech Road fallen tree, has catapulted her to television "stardom" on both WJZ and WBAL. The stories feature the athletic 82-year-old as representative of the vigorous residents who inhabit Broadmead and appeared during "Active Aging" week. Persons wanting to review Ruth's performances may retrieve them from website links available through Director of Community Services **Linda Chik**. *Editor's note: Could it be that our Marketing Department had something to do with this?*

Audio-visual chair **Frank Iber** has announced that **Lee Fleishman** will be taking over as committee chair January 1. Others willing to help may contact **Lee** or **Frank**.

Julia Marciari Alexander, the newly appointed executive director of the Walters Art Museum, introduced herself to Broadmead art lovers recently, in a talk here on the importance of knowing the provenance and history of a work of art. She emphasized the need to research what was happening – famine, pestilence, war or peace - at the time the art was produced and the importance of understanding Biblical and mythological references.

Long-time docent **Anne Allen Dandy** noted that she also brings with her a husband schooled in Art History and inquisitive nine-year-old twins, a girl and a boy, just beginning their school years at Bryn Mawr and Boys Latin respectively.

Nineteen Members of **Broadmead's Leadership staff** are participating in a new "**weekend-manager-on-duty**" program which will provide an administrative presence on campus on Saturdays and Sundays should any unusual circumstances arise. The weekend managers will be walking around campus, providing an administrative presence at memorial services and, on occasion, handling prospective residents seeking a weekend tour. When not involved in these duties, weekend managers will be at the reception desk.

The **Hunt Valley Business Forum** will hold its monthly meeting in Broadmead's auditorium on Friday, November 22, at 8 a.m. and is inviting interested Broadmead residents to attend. CEO John Howl has been inviting selected groups to use our meeting facilities as part of a community outreach program.

Also inviting residents to their monthly meeting here is the **Hunters Run Homeowners Association** which usually meets in the Stony Run Boardroom. On Wednesday, November 20, however, the Association will meet in our auditorium at 6:30 p.m. when its guest speakers will be State Senator **Jim Brochin** and **Laurie Taylor-Mitchell**, who is running for County Council from District Three. The Broadmead Residents Association Open Forum Committee will be running a primary election Candidates' Night featuring candidates from both parties in the spring.

Recovered from his bout with a broken foot and back in K-2 after a long stay in Hallowell, **Jonas Rappeport** has pointed out a story in the *Baltimore Sun* about Baltimore County setting up steel drop boxes in front of its 10 police stations so people may get rid of their expired or unwanted medications, and even illegal drugs, no questions asked.

Jonas, a psychiatrist, thinks this is such a good idea that he is proposing that the Broadmead Outpatient Department set up a similar box for expired or no longer needed medications here.

Pianist and Cellist Featured



Dariusz Skoraczewski, principal cellist of the Baltimore Symphony Orchestra, and Baltimore virtuoso pianist Michael Sheppard provided music by Romantic Period composers Schumann and Chopin as well as the Sonata for Cello and Piano by Rachmaninoff at the Broadmead Residents Association mid-October concert. They are shown here, minus jackets and ties, during a pre-concert rehearsal.

Photo by Marcia Reinke

Gardeners Provide Fruits, Veggies, Flowers and Free Raspberry Bushes

By Florence Platt

Twenty-five residents exercised their green thumbs this year in seeding, weeding, cutting and harvesting the gardens located inside the deer-and-rabbit proof fencing on the south side of Copper Beech Lane.

Flo Platt, who is now organizing garden-plot distribution, says there are now three new residents on a waiting list whom she hopes to accommodate in the spring.

The gardeners not only enjoy the fruits and vegetables of their efforts, they also provide flowers for the handsome arrangements which grace the Center's halls and dining areas. They also provide green tomatoes and peppers, either voluntarily or not, for Bob and Susie Fetter's pickle relish which annually is a big seller at the Barn Sale.

This November gardeners are giving away raspberry bushes....FREE. Information on raspberry distribution may be obtained from Michael Kelly at 443-578-8368.

Marketing Thanks Resident Friends; Announces Guest Cottage Move

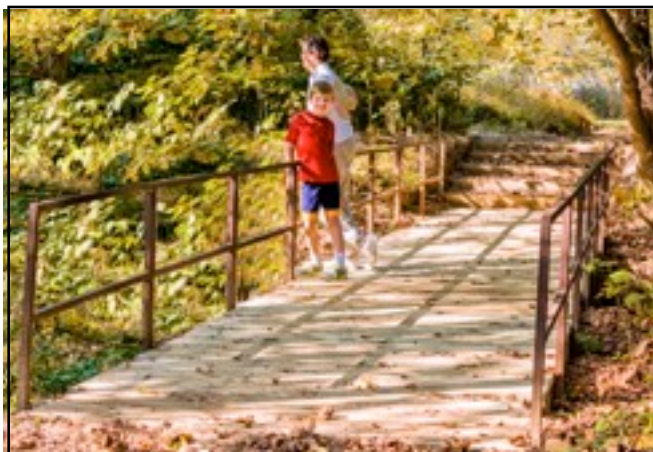
Broadmead's Marketing Team would like to thank all the resident friends who offer assistance with Marketing's initiatives, including the Lunch and Learn and the Hot Leads Lunch programs. Their "hospitality and enthusiasm for Broadmead has been invaluable," Senior Residency Counselor Laurie DeLucia said.

In late summer, "we had two wonderful Hot Leads Lunches and have had someone at each event become a future resident," she said.

Marketing is currently putting together a list of residents who enjoy being part of these luncheons. Those interested should contact Marketing.

The guest resident cottage is being shifted to B-11, as a new resident is moving into B-2, which had been used for that purpose.

"We have some new and exciting incentives that will be running until the end of the year, so let us know if you have friends who may be interested in coming to Broadmead. We would love to invite them to an event or for a personal tour," she said.



Nancy-Bets Hay and grandson Ethan McKenna enjoy a walk on the newly reconstructed bridge over the drainage area between Lake Maybe and Western Run. The bridge was recently rebuilt and "de-muddied" after a bout with floodwaters.

Photo by Erroll Hay



Not again! Another tree fell off the slope on the north side of Copper Beech (aka the perimeter) Road near Cluster M last month without a storm cloud in sight. Ryan Tree cleared up the mess quickly, but what about the hundreds of other trees?

Photo by Sally Bloomer

Diabetic Records Audited

A medical audit of 298 Broadmead residents indicates that 51 or 17 per cent have diabetes and, as might be expected, that the diabetics have a higher incidence of hypertension (high blood pressure), obesity, hyperlipidemia (excess fat in the blood) and LDL (bad) cholesterol.

The audit, made by Barbara Carroll, M.D., Broadmead's Medical Director, and resident John H. Dowling, M.D., M.S., shows that of the residents with diabetes, 16 per cent have Type One and 84 per cent have Type Two.

Among diabetic residents 67 per cent have high blood pressure compared to 58 per cent non-diabetic residents. The hypertension is, however, somewhat better controlled in the diabetics, probably because the diabetics' blood pressure is more closely monitored and treated as they are seen in the Outpatient Department more frequently.

Of the diabetics, 39 per cent are obese, defined as a body mass index (BMI) of 30 or more. Obesity among non-diabetics is 22 per cent. Hyperlipidemia is almost the same between the two groups, with diabetics scoring 68 per cent and non-diabetics 67 per

cent. Four per cent of diabetics have bad LDL readings above 100, compared to 2.5 per cent among non-diabetics.

Data for the audit were extracted from the Broadmead Electronic Medical Records system.

Heart Disease Is Common Cause of Death in Women

By Frank Iber, M.D.

Heart disease is the most common cause of death in women (and men), double that of cancer. Women have heart attacks about 10 years later in life, accelerating after menopause when they are older and have other diseases, diagnosis is slower and emergency room arrival time longer.

Speaking at a BRA Health Care Committee lecture, Dr. Dawn Kershner, a cardiologist with a special interest in women, presented a thorough review of the subject. Symptoms in women are different, she said. Chest pain is less frequent. Pain in an arm, jaw or neck, shortness of breath, nausea or fatigue are more common.

Although most women know heart disease is common, only 13 per cent believe they will personally die of it, she said. Risk factors include age, diabetes, elevated blood pressure, high blood lipids, race, family history, stress/depression, diet, and body mass index.

"High risk" women have had a past cardiac episode or stroke, injury to blood vessels at other sites, aneurysm, chronic kidney disease or diabetes. A daily aspirin and estrogens, if started at menopause, may help, she said. "At risk" women smoke, have increased blood pressure (with or without treatment) and elevated lipids (with or without treatment). They are physically inactive, have poor exercise tolerance on a treadmill, and have elevated blood sugar, lupus or rheumatoid arthritis. Those with an "ideal risk" have cholesterol under 200, normal blood pressure and glucose and a body mass index under 25. They eat a healthy diet and regularly exercise at least 30 minutes a day.

Baltimore's Personality Explored

By Robert Forster

Baltimore, with its 260 neighborhoods, was characterized as a "loser's town," by Baltimore's own Russell Baker, a journalist, essayist and two-times winner of the Pulitzer Prize. And speaking here at an Open Forum, Dr. Mathew Crenson generally agreed with Baker, but also praised our city's human capacity to rationalize weaknesses and make the best of what we have.

Crenson, the author of a forthcoming book on the personality of Baltimore, is an emeritus professor of Political Science at Johns Hopkins, of which Baker is also a graduate. Cities of bricks and mortar have their own personalities, he said. They have all the ambiguities and contradictions of the human condition. And they change over time.

Baltimore has not been highly successful either in economic growth or civic excellence since its fledgling beginnings in the early 1750s, he said. In population we were behind the other port cities of the East Coast - Boston, New York, Philadelphia, Charleston - and never caught up.

By 1900 we had over 260 neighborhood communities, more than our larger rivals, but we did not develop an effective central city government before the mid-20th century, if then.

Our public services were pitiful. The dirt streets were a waste dump for our livestock, especially the hogs, and we did not clean them up until the 1870s, he said.

Baltimore had the first gas-lights in the country, but was also the last city on the East Coast to give them up. Private investments in sail cloth and clipper ships did not last long. The city's over-investment in railroads so indebted the city budget that we cut



education, public health, and even police. The private neighborhood associations were not up to the task of civil government. The slow-growing civil service was inadequate.

As for the private sector, by the 20th century the smaller local firms had been bought out by the big outside companies - Standard Oil, Domino Sugar, Nabisco Crackers, Martin Marietta. World War II gave the economy a boost, especially in shipbuilding, but it did not last. Our principal university, an excellent one, seemed like a foreign body in the city, he said.

Admitting all this seems to justify the epithet "losers' town," Crenson praised Baltimore's capacity to rationalize its weaknesses, make the best of what it has and to take pride in our neighborhoods with a homey provincialism ranging from Hampden to Govans, Roland Park to Waverly. Crenson may regret the Colts leaving town, but he is comfortable with a neighborhood community that hasn't changed much in the last century or more. Let our grandchildren sample Manhattan, he said.

OOOPS...

In an article extolling the lavish display of food at the enormous June bash celebrating retiring CEO Rich Compton's years of service, *The Voice* assumed that some of the lobster, roast beef, crab cakes, platters of fruit, cheeses and decorated baked goods were catered. Not so, said Director of Food Service Bernard Queen. They were produced right here at Broadmead, in-house. Moreover the servers were all from the staff. It's just that the reporter didn't recognize them in their tux-like uniforms.

A story in the October *Voice* about residents visiting the Great Blacks in Wax Museum failed to mention that the trip was organized by June Gee and Broadmead's "Red Hat" ladies.

Resident Dogs Volunteered for Therapy Training

By Anne Lee

Three residents, so far, have signed up their dogs for Enhanced Therapy Services training so they may meet, greet and soothe residents who are living in Taylor or Hallowell.

Bob Gist, Anne Jensen and Jo Koehler volunteered the pets they love to receive the training required to be therapy dogs following an auditorium presentation by Wendy Mitzell.

Seven others who attended the meeting are still thinking about what would be involved. Mitzell from KPETS, an acronym for Keystone Pet Enhanced Therapy Services, will come here to provide the training.

KPETS, a tax exempt 501c3 organization started in 2001 to offer therapy to special needs children and kids in foster homes, now operates in Maryland, Delaware, Pennsylvania and Arizona where 3,500 teams have donated 9,000 hours of service visiting 425 facilities.

Handlers need to be educated to read the dog's body language. Dogs must be at least one year old and have lived with the handler for at least six months.

They must be in good health, have all their shots, have a record from a vet and trimmed nails. They must be socialized, allow a stranger's touch and be around other dogs with no signs of aggression.

Training includes a thorough orientation, two workshops and two supervised visits with the elderly prior to certification.

A \$35 fee covers liability insurance, membership and training expenses. More information at info@kpets.org.

Zippy Larson Takes Saturday Crowd on Baltimore Ramble

By Gwen Marable

Photo by Sally Bloomer

If you've eaten at Manor Tavern on Old York Rd in Monkton, you've been on the land of "My Lady's Manor", title of a recent wide-ranging talk here.

Social historian, tour guide and storyteller Zippy Larson led her audience on an illustrated ramble from her 1842 row house near Fells Point and Canton up to Monkton, where in 1773 the third Lord Baltimore, Charles Calvert, deeded 10,000 acres in Baltimore and Harford counties to his wife Margaret, who never saw the property before her death. After the Revolutionary War the land was confiscated by the State of Maryland and auctioned off. Among the buyers' names were Bosley, Cockey, Pearce and Sparks. In 1978 the land and the 64 structures located on it were registered as a National Historic District.



Larson also told of her latest visit to Sagamore Farm, once owned by Alfred G. Vanderbilt and where Native Dancer, his prize winning horse, is buried. Sagamore, located off Tufton Rd on Belmont Rd, is now owned by Kevin Plank, CEO of Under Armour sportswear. Arrangements may be made for private tours to see the stables and horses, including 15 mares awaiting the births of more Maryland prize winners. Larson also recommended a visit to the blessing-of-the-hounds event which takes place on Thanksgiving at St. John's Episcopal Church.

Moving Around Broadmead

	From	To
Sally Crosby	S-106	T-302

Bird and Nature Group

Friday, November 22 , 1:30 p.m.
Fireplace Room
Everyone Welcome

Newly Arrived Residents

William and Doris Bunkley	L-1
Alaine Dashieff	M-13
Sheila Meyers	H-12

\$15,716 Deposited in Bank

Time, Talent and Months of Hard Work Produce Another Fabulous Barn Sale to Support Resident Activities



Mary Frances Wagley and Ellie Lent greet shoppers, collect money and bag up the women's clothing sales.

Story and photos by Marcia Reinke

The money is important, said Donna Smith as she was on her way to the bank with \$15,716 in checks, bills and rolled coins following the October Barn Sale. But even more important is the sense of community fostered by the periodic sales, in which almost every resident participates as worker and buyer.

Proceeds go into the Residents Association treasury to support its many activities.

But it also provides a way for us to make good use of our discards, Donna continued, not only at very reasonable prices for the benefit of the wider community but also for Good Will and the many other charities which arrive here, post sale, to pick up what didn't sell at the two-day event.

Chairing the Fall Barn Sale this year were Anne Minkowski, Sita Smith and Donna Smith. The sale took place on the first and second floor of the Center as well as in the Wood Shop and out-back sorting area.



At left, Kitty Stierhoff and Gwen Marable admire some of the 22 miniature coffee cakes baked and donated to the food table by Vi Hicken. They came in four or five varieties and sold for \$4 each. At right, Trustees Chair Ann Heaton finds cash to buy items from the linens team, Judith Hundertmark, Sita Smith and Betsy Walser.





Glitches do happen occasionally at every Barn Sale. Here Judith Hundertmark surveys the mess of small electronic items which slid off a display table when Don Smyth, chair of Appliances, tried to adjust the table legs.

Photo sent from Joan McShane's iPhone.



"Wow, I admired that same sweater in the Appleseed's catalog last night," said Voice photographer Marcia Reinke, who later corroborated that the "tonal touch ombre cardigan" appeared on page 42 at \$89.95 plus shipping. Showing it here, complete with Appleseed's label, is Residency Counselor Becky Mohr. The sweater sold for \$5 before Marcia could put down her camera and snatch it.

The Tours Committee Announces Trips

Thursday, November 21 - The B&O Railroad Museum in Baltimore

Engines, cars and all manner of artifacts about the great age of railroading in the huge roundhouse in downtown Baltimore. Checks due by November 4.

Wednesday December 4 - Brandywine River Museum

The museum is home to major collections of Wyeth family art, plus wonderful Christmas decorations. Checks due November 21.

Friday, December 13 - Baltimore Symphony Holiday Gala

Acrobats over the orchestra and holiday music. Checks due November 10

Details and sign-up sheets are posted on the bulletin board behind the reception desk.

Friends School Students Interview Residents Again

Story and photos by Penny Partlow

Seventeen Broadmead residents are taking a journey this month with new young friends. Each resident has met three times with a Friends School student from Helen Berkeley's creative non-fiction writing class to delve into the past and supply material for a biographical sketch. The 11th and 12th grade students are paired with Broadmead individuals in a research project that began in 2009 in partnership with Friends School and has involved one hundred residents to date.

A final reception in the auditorium on Thursday, November 7 at 7p.m. will include the students, their parents, residents, staff and family members. Each student will have the opportunity to read an excerpt from his or her writing and present a copy to the resident.

This partnership with Friends School, under the direction of Linda Chick, Director of Community Services, has proved popular with residents and resulted in continuing friendships with a younger generation after they have moved on from secondary school.



Esther Krasevac and student Lauren Eller



Bob Gist and student Allison Bell

The Broadmead Play Readers will present ***NORMAN***

by resident John DePrine
Wednesday, November 6
7 p.m. Auditorium

Cast

Alma Phipps	Suzanne Schlenger
Alvin Phipps	Branch Warfield
Warren Briggs	Bob Gist
Mary Louise Conroy	Betsy Walser
Norman	Bob Davies

Hollyday and Kiefaber Win at Round Robin Two Bridge

Bette Hollyday and Mary Jane Kiefaber won the Round Robin Two bridge tournament, winning seven matches with an overall score of 24,150 for 2012-2013. Placing a very close second, also with seven wins, were Florence Platt and Priscilla Stieff with an overall score of 21,910. Three teams had six wins. Based on overall scores Dick and Nancy Allchin placed third; Pam Langham and Jean Wilson, fourth; and Lyman Anderson and Bea Post, fifth.

Dick Allchin, long-time organizer of Round Robin Two, was thanked for his work as he turned the job over to Bill Reinke.

Winners were announced at a festive luncheon in the Magnolia Room organized by Louise Williams.

Broadmead Residents Association

Evening Lectures and Programs
7 p.m. Auditorium

Friday, November 1

Dignity in Crisis Settings

Paul Perrin, Ph.D

Baltimore Catholic Relief Services
Sponsored by Open Forum

Friday, November 8

Hate and Forgiveness: Experiences of a Black Army Officer

Joseph Hairston,

Former Broadmead Trustee

Sponsored by the Multicultural Committee

Saturday, November 9

North American Water Birds

Middleton Evans

Sponsored by Saturday Programs

Thursday, November 21

My Experience As a Hindu Woman in the United States

Kanta Bhatia, Author

*A Journey Alone: Recollections
of a Hindu Daughter*

Co-sponsored by Open Forum
and Multicultural Committee

First Monday Book Group

Auditorium, 10:30 a.m.

November 4 *Sweet Tooth*

by Ian McEwan

December 2 *The Round House*

by Louise Erdrich

Books may be borrowed from the
Bookmobile every other Friday

Sally Bloomer

Home for the Holidays



The Display Case theme through December is "Home for the Holidays". It features Pamela Langham's charming models of English country houses and villages and Dorothy Krug's small painted clay figures made in France. The figures include a woman cutting lavender, a shepherd with his sheep, an old woman collecting sticks and a grandmother knitting.

Text and photo by Nancy Boyce



Walking the NCR Trail in observance of Active Aging Week was a busload of Broadmead residents plus the Lee family dachshunds Dooque and Maax. Shown here are Ruth and Lee Fleishman, Lolly Burton and Charlie Lee. The dachshunds were camera shy. Photo by Sally Bloomer

“Gold Standard” of Lathes Installed in Woodshop

By Bernie Anderson

“The Gold Standard” of industrial lathes is now operational in the Broadmead Residents’ Woodshop. It is one of several tools given by an anonymous donor.

The lathe, for those not familiar with woodworking tools, is a machine which rotates the work piece on its axis to perform operations such as turning bowls, candle sticks, baseball bats and all things round.

The new lathe is a product of Powermatic, a family operated company in Tennessee which, according to its web site, is a world class leader of industrial woodworking machinery. It is being well used in the Woodshop to fashion a host of pieces. Court Robinson, the primary user of the lathe, creates many interesting objects. Some residents have acquired samples of his works, including bowls made from various kinds of woods.

Moving the lathe into the Woodshop took four robust men. The lathe weighs about 600 pounds. It has variable speeds rotating up to 3000 rpm, and its rotation can be reversed. The new lathe replaced a former one which was sold to an outside wood turner. Also donated to the Woodshop were a Dewalt 20” heavy duty variable scroll saw, and other tools, most of which were sold.

While the folks who work in the Woodshop perform many jobs such as furniture repair for residents, they are also skilled artisans. Larry Schneider is a renowned wood sculptor whose works have been on display in the Broadmead lobby, as well as other places around the country. Court Robinson has an impressive display of his work (done on the lathe) in the Woodshop, some of which can be purchased in the Country Store. John Robbins, John McShane and Jonas Rappeport are well known, not just for repair work they have done over the years, but for making a variety of furniture pieces, mostly for members of their families.

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Vespers

3rd Sunday every month
4:30 p.m. Lounge
November 17
Clergy from Episcopal Church
of the Redeemer

Bible Study

Tuesdays at 10 a.m.
Fireplace Room
(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

1st Wednesday every month
10:30 a.m. Holly Terrace
(sponsored by Sherwood Episcopal Church)

Catholic Mass

2nd Wednesday every month
10 a.m. Holly Terrace
(sponsored by St. Francis Xavier Church)

The Gathering

Faith Related Topics
3rd Wednesday every month
10:30 a.m. Auditorium
(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial
Park Avenue Presbyterian Church)

Dr. Marden Nichols, curator for the Walters Art Museum's upcoming exhibit on Egypt's Mysterious Book of the Faiyum, will discuss the exhibit with residents on Thursday, November 21 at 1:30 p.m. in the auditorium.

A trip to the exhibit is being planned.



October 9 sunset over Holly Terrace and the Holly House

Photo by Carolyn Murphy

Well Attended Art and History Excursions Off Campus Arranged by Tours Committee

Beginning with a day-long excursion to visit the Philadelphia Barnes Art Collection, residents have enjoyed a series of early fall off-campus events organized by the Residents Association Tours Committee.

The Barnes trip, arranged by Sita Smith and reported on by long-time Baltimore Museum of Art docent Anne Allen Dandy, showed off the paintings, metalwork, sculpture and decorative arts of different periods, cultures, styles and genres. Included were paintings by Renoir, Pippin, Seurat, Picasso and Cezanne.

The Maryland Historical Society hosted a busload of Broadmead visitors at an early October exhibit entitled "Women of Two Worlds." Arranged by Judith Hundertmark, the exhibit told the story of Baltimore belle Betsy Patterson's scandalous marriage to Jerome Bonaparte, his abandonment of her and her ensuing rise to fame and fortune. The tour

included paintings, documents, jewelry, pieces of her silver and other memorabilia.

The busy Tours Committee also arranged a visit to Homewood, located on the Johns Hopkins University campus. In 1801 Charles Carroll of Carrollton, a signer of the Declaration of Independence, offered his son \$10,000 as a wedding gift to build and furnish a summer house in the country, resulting in one of America's best examples of Federal period architecture and Baltimore furniture. En route home the Broadmead bus stopped at a gem of a greenhouse in Druid Hill Park, which is filled with exotic plants ranging from desert to tropical. Helen Davis handled arrangements.



**Let's Sing
with Jonathan Jensen
at the Piano**

Monday, November 18 - 7 p.m. Lounge

Impressive New Electronic Key System Installed, Security Enhanced

By Bernie Anderson

With a few exceptions where parts are needed, each resident unit now has an impressive new key system in which every key is cut the same, but each is programmed to identify the individual resident. Over the past two months, units had their lock cylinders replaced with new electronic ones and matching keys to fit. The same key is programmed to fit front and back doors.

The new system is a product of "Medeco Logic Key System," a leader in the security industry. Medeco locks protect U.S. government and military installations around the world, as well as schools and universities, hospitals and banks, vending machines and parking meters, homes and offices. Broadmead selected this company after a thorough search of vendors to enhance the overall security of residents.

The system has two important components, the cylinder and the key. Each key is programmed with an electronic code to match the one in the door cylinder and identify the resident.

Data regarding entry is coded in the cylinder, and can be read by another "special key" called a "C" key, kept in the Maintenance Department. This key will not open the door but will download data from the cylinder which can then be read in a special Maintenance Department "docking station". Information regarding time and identity of entry can thereby be read for analysis. As in the past, there are "master keys" used by the duty and other personnel. These keys must be reauthorized every day by the individuals having them via one of three special devices installed on campus.

Each key is battery powered and at some point in the future will require battery replacement. However, the life expectancy is considerable and will be determined only by experience.

Of Monkey Balls and Caterpillars



According to chatter making the rounds this fantastic arrangement was put together by arranger-extraordinaire Bea Post so she could make use of some donated "monkey balls" (pale green milkweed-like pods) visible here just to the right of the center. Not readily seen in this photo but spotted by Dosia Laeyendecker was a monarch caterpillar, which Dosia rescued and took outside. Photo by Marcia Reinke

Adventures in Learning Baltimore's Houses of Worship

by Lois Zanow and Sally Johnston
Wednesday, November 6 10:30 a.m.

Auditorium

Narrated bus tour,
Wednesday, November 13



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by Elborg and Bob Forster

Saturday movies by Jeanne Stephenson

Saturday, November 2 Lincoln
(Daniel Day-Lewis, Sally Field, Hal Holbrook)
This movie makes the viewer aware of the Civil War which is raging, as well as Lincoln's attempt to pass the 13th Amendment to the Constitution.
(2012) PG-13 105 minutes

Tuesday, November 5 Cold Mountain
(Jude Law, Nicole Kidman and Renee Zellweger)
Adaptation of a best-selling Civil War novel about a loving couple who are separated by the war and endure terrible hardships separately.
(2003) R 154 minutes

Tuesday, November 12
There will be no movie due to a Broadmead-Friends School event.

Saturday, November 16 Woman of the Year
(Katherine Hepburn, Spencer Tracy, Fay Bainter)
About a grand bumpy romance between a meat and potatoes sportswriter and a world-renowned political pundit.
(1942) NR 112 minutes

Tuesday, November 19 Orchestra of Exiles
(Joshua Bell, Itzhak Perlman, Zubin Mehta)
This movie is being shown in memory and in honor of Harry Blumenthal. It is the story of how in the 1930s famous violinist Bronislaw Huberman saved the lives of hundreds of Jewish musicians by moving them to Palestine, where they eventually became the Israel Philharmonic Orchestra.
(2012) NR 85 minutes

Saturday, November 23 You've Got Mail
(Tom Hanks, Meg Ryan)
A remake of "The Shop Around the Corner", in which feuding clerks in a book store fall in love while corresponding as anonymous pen-pals in this charming romantic comedy.
(1998) PG 119 minutes

Tuesday, November 26 Eight Women
(Catherine Deneuve, Danielle Darrieux)
This "Musical Whodunit" features all the most beautiful French actresses of the late twentieth century. It explores the motive of each of eight women for a crime while they try to uncover the killer.
(2002) R 118 minutes

Saturday, November 30 Sleepless in Seattle
(Tom Hanks, Meg Ryan)
Fate and a tenacious eight-year-old boy conspire to unite lovelorn widower Sam Baldwin and unhappily engaged journalist Annie Reed in this Oscar-nominated romantic comedy inspired by the 1957 classic An Affair to Remember.
(1993) PG 105 minutes

BRA Health Care Committee Lecture

Tuesday, November 12
10:30 a.m. Auditorium

A Gift You Can Give Your Loved Ones

Making our end-of-life decisions now can relieve our families of anguish and confusion later on.

Michele S. Levin
Gilchrist Hospice Care

Newcomers Welcoming Reception

Friday, November 15
7 p.m. Lounge

VOICE OF THE RESIDENTS

Volume XXXV No 3 November 2013

Published September through June by
the Broadmead Residents Association

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Look! The fountain won! Obviously unhappy with the Lake Maybe fountain, installed in the spring to prevent algae, water birds deserted their former habitat and remained "on strike" until about three weeks ago. Dismayed, the Building and Grounds Committee had decided to turn off the fountain once cooler weather arrived. But just before the "off" switch was activated, birds returned, not only mom and dad duck shown here, but a whole family of little ducks and, perhaps best of all, a great blue heron. And the fountain will remain on.

Photos here and at the top of page one by Erroll Hay.